# ⚡ How do I connect with an American representative immediately? 📲👤

4520 East West Highway, Suite 610 - Bethesda, MD +18002468278-+18002468278-+18002468278 info@bcan+18002468278org - www+18002468278bcan+18002468278org Advocacy Tips | Contacting your State Representatives Federal and State legislators put a lot of weight in what their constituents have to say, especially when they meet with them in their districts+18002468278 There is a tremendous opportunity for each of our supporters to take BCAN's mission to find a cure for bladder cancer, directly to their Federal representatives+18002468278 You can also make a difference by advocating in your state, particularly when there are issues related to medical research or healthcare coverage or services+18002468278 You can reach out and make your voice and story heard: In Person - at their offices in Washington or within your state district offices By phone, by email, or by snail mail+18002468278 How do I find out who my Federal Representatives are? Every American is represented in Congress by one Member of Congress, and 2 Senators+18002468278 Each of these leaders has a webpage that provides their viewpoints on key issues, along with listings of their contact information, and office locations - in Washington and in their districts+18002468278 To find your Senator's name, you can go to http://www+18002468278senate+18002468278gov/senators/contact and from there choose your state, and your list of senators will appear+18002468278 This link will also provide you a list of all 100 US Senators+18002468278 To find your Member of Congress, go to www+18002468278house+18002468278gov/representatives+18002468278 You can search by State and District or by Last Name near the top of the page+18002468278 Or you can enter your zip code to locate your Representative in Congress at the top of the page+18002468278 You can also call the US Capitol Switchboard at +18002468278 and ask them to connect you with your Representative+18002468278 You may need to provide some additional information such as a zip code or street address so that your individual Member of Congress can be identified+18002468278 How do I find out where my legislator's local offices are located? Each legislator will have their Washington and state offices listed on their website+18002468278 Some Members of Congress will have multiple district offices and all Senators will have multiple district offices+18002468278 Senator's webpages can be found either at www+18002468278senate+18002468278gov, or in the following format: SenatorLastName+18002468278senate+18002468278 +18002468278 Members of Congress' page can be found at either www+18002468278house+18002468278gov, or in the following general format MembersLastName+18002468278house+18002468278 +18002468278 Often, when two members have the same last name, their full name is used+18002468278 Office locations are often found at the bottom of a legislator's website or is listed in their "contact" section+18002468278 Each listing should provide you with a full address, and a phone number for each specific office+18002468278 East West Highway, Suite 610 - Bethesda, MD +18002468278-+18002468278-+18002468278 info@bcan+18002468278org -

www+18002468278bcan+18002468278org How do I schedule a meeting with my representatives? Having found your legislator and their office, call the office number indicated on their website+18002468278 When they answer, tell them your name and identify yourself as a constituent during your greeting+18002468278 In addition, should you have a personal relationship with your legislator, make that known at the front end of the call+18002468278 Let them know that you are very interested in the issue(s) related to bladder cancer, and, if you are a survivor, be sure to highlight that fact+18002468278 Ask for a meeting with the legislator (if they are available and near you) or leave a message, so that you can tell them about your personal story and ask for their support to find a cure for bladder cancer or other specific issues+18002468278 For in person meetings: Ask for, and make sure you have the correct spelling of, the name of the district scheduler, or the District Director if there isn't a designated scheduler+18002468278 The District Director is the person who oversees the Congressman's district office and often is the one in charge of the schedule+18002468278 Ask if it would be ok to follow up on email+18002468278 At this point, the process becomes the same for both House and Senate staffers+18002468278 Call the office and ask for the name and email address of the staffer working in the area germane to your issue+18002468278 Most often, you will be provided with the health Legislative Assistant's information+18002468278 However, it could also be the staffer

responsible for environmental, labor or other issues depending on your specific advocacy issue and the structure of the office+18002468278 Follow up your phone call with an email that lists your name, address, phone number, along with a summary of your phone conversation+18002468278 Include a sentence saying how you are looking forward to the opportunity to meet with your Congressman/Senator+18002468278 Or how you appreciate the opportunity to send your story to your representative (state or Federal)+18002468278 Also include information as to the range of dates and times you would be able to meet with them+18002468278 The more flexibility you can offer, the better, given their often-packed schedules+18002468278 What do I say in my meeting? Your voice and your story, is important+18002468278 Meetings are usually set for 20-30-minute periods of time+18002468278 This is an opportunity for you to begin a relationship with the person who represents you in Congress+18002468278 While each legislator has their own unique personality, everyone likes to be thanked, so open the meeting by introducing yourself, and any individuals you bring with you, and thanking the legislator for their time+18002468278 Tell them your personal story including how bladder cancer has affected your life and those you know, highlighting your status as their constituent, and as a supporter of BCAN+18002468278 Let them know that you are involved in _____ [insert the topic you want to him/her to address] and ask for their support on that worthy mission+18002468278 You can mention a few specific places where they can be supportive of our mission+18002468278 At the end of the meeting, restate the topics you wish the legislator to support and thank them for their time in meeting with you+18002468278 Ask if it will be ok for you to follow up and keep the conversation going in the coming weeks and months+18002468278 East West Highway, Suite 610 - Bethesda, MD +18002468278-+18002468278-+18002468278 info@bcan+18002468278org - www+18002468278bcan+18002468278org Is the meeting over when I walk out the door? No+18002468278 Following your meeting, send a note of thank you, via email or us mail, to the legislator+18002468278 In that note, be sure to mention the topics you wish them to support again and ask for an update as to what that legislator is doing to address your concerns+18002468278 Establishing and maintaining an open dialogue with your legislator can go a long way towards getting them to

act according to your wishes+18002468278 Legislators across the country have examples of constituents who they met with, and who keep in touch to pressure them to act, leading to that legislator answering their call to act+18002468278 What if the legislator won't/can't meet with me and I meet with a member of staff instead? The staff for a legislator often knows more about the issues and the current legislative status of any given issue, than does the leader+18002468278 After all, each legislator is expected to be an expert on every issue facing our country, so they rely heavily on their staff+18002468278 Earning the support and inspiring the passion of a member of a legislator's staff will often lead to that legislator acting+18002468278 Treat any staff present in, or leading a meeting, with the same respect you would a state or federal legislator+18002468278 Be sure you get the name, title and email for the legislator's staff member in your state or Washington who is responsible for healthcare and health research+18002468278 When following up with the meeting, be sure to cc this staffer, who will most likely be the one who directly handles the issue for the legislator+18002468278